

Pace Chart

Mile Pace	5 k	5 mi	10k	10mi	1/2 Marathon
00:08:00	00:24:51	00:40:00	00:49:43	01:20:00	01:44:48
00:08:10	00:25:22	00:40:50	00:50:45	01:21:40	01:46:59
00:08:20	00:25:54	00:41:40	00:51:47	01:23:20	01:49:10
00:08:30	00:26:25	00:42:30	00:52:49	01:25:00	01:51:21
00:08:40	00:26:56	00:43:20	00:53:51	01:26:40	01:53:32
00:08:50	00:27:27	00:44:10	00:54:53	01:28:20	01:55:43
00:09:00	00:27:58	00:45:00	00:55:56	01:30:00	01:57:54
00:09:10	00:28:29	00:45:50	00:56:58	01:31:40	02:00:05
00:09:20	00:29:00	00:46:40	00:58:00	01:33:20	02:02:16
00:09:30	00:29:31	00:47:30	00:59:02	01:35:00	02:04:27
00:09:40	00:30:02	00:48:20	01:00:04	01:36:40	02:06:38
00:09:50	00:30:33	00:49:10	01:01:06	01:38:20	02:08:49
00:10:00	00:31:04	00:50:00	01:02:08	01:40:00	02:11:00
00:10:10	00:31:35	00:50:50	01:03:11	01:41:40	02:13:11
00:10:20	00:32:06	00:51:40	01:04:13	01:43:20	02:15:22
00:10:30	00:32:37	00:52:30	01:05:15	01:45:00	02:17:33
00:10:40	00:33:08	00:53:20	01:06:17	01:46:40	02:19:44
00:10:50	00:33:40	00:54:10	01:07:19	01:48:20	02:21:55
Mile Pace	5 k	5 mi	10k	10mi	1/2 Marathon
00:11:00	00:34:11	00:55:00	01:08:21	01:50:00	02:24:06
00:11:10	00:34:42	00:55:50	01:09:24	01:51:40	02:26:17
00:11:20	00:35:13	00:56:40	01:10:26	01:53:20	02:28:28
00:11:30	00:35:44	00:57:30	01:11:28	01:55:00	02:30:39
00:11:40	00:36:15	00:58:20	01:12:30	01:56:40	02:32:50
00:11:50	00:36:46	00:59:10	01:13:32	01:58:20	02:35:01
00:12:00	00:37:17	01:00:00	01:14:34	02:00:00	02:37:12
00:12:10	00:37:48	01:00:50	01:15:36	02:01:40	02:39:23
00:12:20	00:38:19	01:01:40	01:16:38	02:03:20	02:41:34
00:12:30	00:38:50	01:02:30	01:17:40	02:05:00	02:43:45
00:12:40	00:39:21	01:03:20	01:18:42	02:06:40	02:45:56
00:12:50	00:39:52	01:04:10	01:19:44	02:08:20	02:48:07
00:13:00	00:40:23	01:05:00	01:20:46	02:10:00	02:50:18
Mile Pace	5 k	5 mi	10k	10mi	1/2 Marathon
00:13:10	00:40:54	01:05:50	01:21:48	02:11:40	02:52:29
00:13:20	00:41:25	01:06:40	01:22:50	02:13:20	02:54:40
00:13:30	00:41:56	01:07:30	01:23:52	02:15:00	02:56:51
00:13:40	00:42:27	01:08:20	01:24:54	02:16:40	02:59:02
00:13:50	00:42:59	01:09:10	01:25:56	02:18:20	03:01:13
00:14:00	00:43:30	01:10:00	01:26:58	02:20:00	03:03:24
00:14:10	00:44:01	01:10:50	01:28:00	02:21:40	03:05:35
00:14:20	00:44:32	01:11:40	01:29:02	02:23:20	03:07:46
00:14:30	00:45:03	01:12:30	01:30:04	02:25:00	03:09:57
00:14:40	00:45:34	01:13:20	01:31:06	02:26:40	03:12:08
00:14:50	00:46:05	01:14:10	01:32:08	02:28:20	03:14:19
00:15:00	00:46:36	01:15:00	01:33:10	02:30:00	03:16:30